

Abstract

Title

Changes speed indicators by influence of specific fatigue in soccer players.

Aim of Study

Diagnose specific effects of fatigue from the soccer match on the manifestation of speed abilities of football players at AC Sparta Praha categories of players up to 19 years.

Method

Selected research sample consists of 11 players on the year of birth 1994 (3 players), 1995 (7 players) and 1996 (1 player) U19 category. Tested sample passed measurement in one friendly match against the same old players. They passed the test 4 times before the game, 4 times at the half-time break and 4 times immediately after game. During this testing, I watched the effect of fatigue on specific speed capability of players. At work, I used a quantitative research method. I prepared and statistically evaluated the resulting data obtained during testing using photocells.

Results

Testing was attended by 11 players from selected professional club team U19 category . Measurement of speed in field test was measured using photocells Brower Timing System. The results provide informations about the speed capabilities of the players and their reduction during the fatigue gradually emerging during a football game. The results reveal that the speed capabilities of most players were reduced. They also briefly deal with the question whether dominance right or left side influence the completion of the speed test with the change of direction left or right. The data obtained reveal that the dominance for passing the speed test from one side or the other have an impact on the achieved performance. Furthermore, the study examines whether the player features has some influence on the rate of fatigue arising during the match. The results of the measurements reveal that gaming function has a significant influence on the gradually emerging fatigue while reducing speed abilities players.

Key Words

soccer, fatigue, speed abilities